

Welcome to Thync

Shift Your State of Mind



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# Before You Get Started, Please Read the Following Warnings

For more information and assistance with the contents of this document or the use of your Thync module, please contact: [Support@Thync.com](mailto:Support@Thync.com). Additional precautions and warnings are listed on page 38.

**Do not** use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Doing so could cause electric shock, burns, electrical interference or death.

**Do not** use during pregnancy or if you are breastfeeding. If you are in the care of a physician, consult your physician before using this device.

**Do not** use this device if you have epilepsy or a history of seizures.

**Do not** use this device if you have a Temporomandibular Joint Disorder, Bell's Palsy, impaired cranial nerve function, or facial pain.

**Do not** place Thync Strips on body in locations other than those directed.

**Do not** use this device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk for injury.

**Do not** use the device while in a shower, bath, pool, or other body of water.

**Do not** place Thync Strips over open wounds, sores or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions. If you experience an adverse reaction, discontinue use.

**Do not** use device if the housing has been damaged.

**Do not** use device in the presence of strong electromagnetic fields.

**Do not** use this device on children under the age of 18.

**Do not** place this device across your chest. The introduction of an electrical current to the chest may cause rhythm disturbances to your heart, which could be lethal.

**Do not** place device over the carotid sinus nerves, the front of the neck, or around the mouth.

# What to Expect from your First Vibe

## **How long will this take?**

Your first Vibe will last 5 – 10 minutes with an option to extend your vibe.

## **What does it feel like?**

You may feel some tingling, itchiness, or vibrations in the beginning of your Vibe, but many of these sensations will subside after 1-2 minutes. It is very important to use these sensations to tune your Vibes to achieve the best experience.

## **When will I feel a shift in my state of mind?**

You should begin to feel a shift within a few minutes of starting the Vibe that will gradually build. The first time you run a Vibe, you should focus on finding the best tuner settings for your Vibe. Then, extend the Vibe or run the Vibe again to feel a significant effect. As you discover the best tuner settings for your Vibes, you will feel the effects much more quickly.

For more information and assistance with the contents of this document or the use of your Thync Module, please contact:

[Support@Thync.com](mailto:Support@Thync.com) or visit [Thync.com](http://Thync.com)



# Your Thync System

## Thync Module

The Module attaches to conductive Thync Strips and is controlled by the Thync App to signal specific nerves on your face using low levels of electrical energy; enabling you to shift your state of mind.

## Energy Strips

Energy Strips attach to the Module and are uniquely designed and shaped to comfortably deliver the Energy Vibe.

## Calm Strips

Calm Strips attach to the Module and are uniquely designed and shaped to comfortably deliver the Calm Vibe.

## USB Cable

A micro USB cable is included for charging your Thync Module. Connect to your computer or a USB charging block.



# Quick Overview — It's Easy to Start your Vibe

## **Power & Pair**

Charge and power up your Thync Module. Pair with your iOS 8 device via Bluetooth.

## **1 / Snap**

Choose the Thync Strip for the Vibe effect you desire – Energy or Calm. Snap the Strip to your Thync Module.

## **2 / Stick**

Remove adhesive backing – stick the Thync Module on your right temple – stick the Thync Strip as indicated either behind your ear or on the back of your neck depending on the Vibe you selected.

## **3 / Shift**

Open the Thync app on your iOS 8 device, select and start the Vibe you want, tune the Vibe to a comfortable level. Enjoy the shift in your state of mind to the Vibe effect you have chosen!





# Get the Thync App and Sign In

## Download

Go to [Thync.com/app](http://Thync.com/app) to download the Thync App on your iOS 8 device (iPhone/iPod).



## Sign In

Launch the App and sign in with the credentials you used when purchasing your Thync system on [thync.com](http://thync.com).

If you would like to use different credentials, you can create a new account.





## Power and Pair to your iOS 8 Device via Bluetooth

### Charge

Your Thync Module ships fully charged. The App will indicate if charging is necessary. Use the included micro USB cable to charge your Module.

When the Thync Module is plugged in, the LED indicator will blink white. A full recharge takes 2 hours.

A fully charged Thync Module will power approximately one hour of Vibes.

### Power & Pair

Press the POWER button on your Thync Module – solid white light confirms power ON. Turn on BLUETOOTH on your iOS 8 device. Launch the Thync APP on your iOS 8 device.

Follow screen prompts to PAIR your Thync Module to your device.

The white light will pulse and become SOLID WHITE when successfully paired. After initial pairing, the app will remember your device. If not, try restarting the app and Thync Module.

# 1 / Snap

## Attaching the Thync Strip to the Module

**Thync Strips** connect to the Module to give you either an energy or calm effect. Please note that different strips are used for Energy and Calm Vibes. First select the Thync Strip for the effect you desire:



**Energy**

Improve your levels of motivation, alertness, and energy.



**Calm**

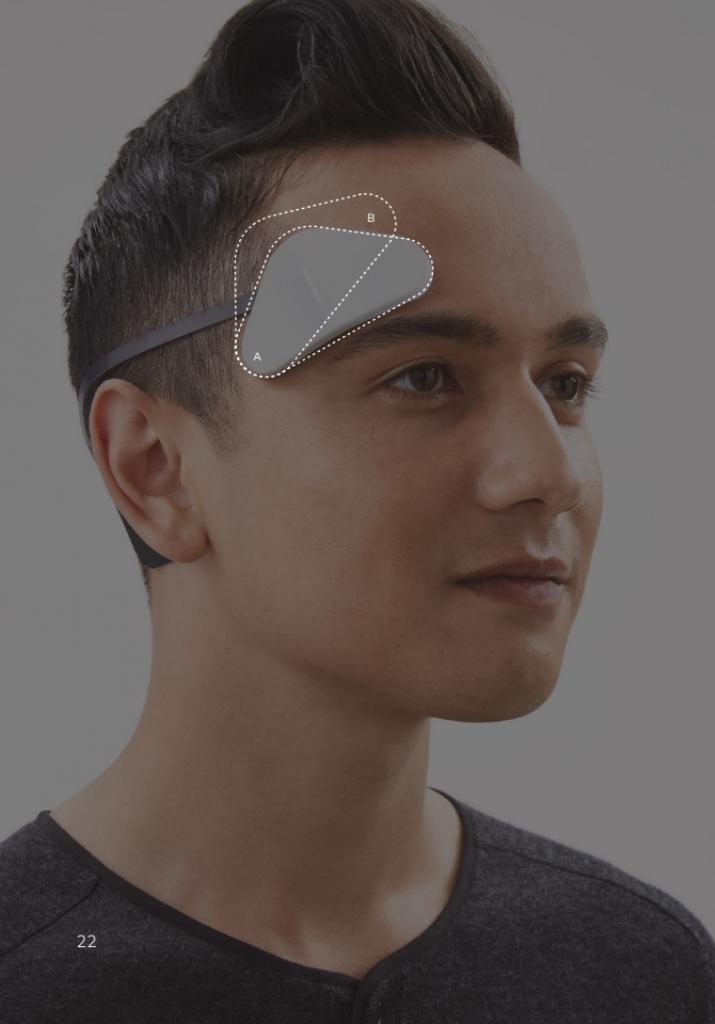
Helps you relax, de-stress, decompress, and focus.





Press firmly to make sure the snaps are securely attached.

Remove the adhesive backing from BOTH ends of the Thync Strip. Save this backing for later use. Thync Strips are guaranteed for a single application.



## Proper Positioning, Fit, and Comfort of your Thync Module

**The Thync module is contoured to fit your right temple and forehead area.** You may need to move it around until it feels just right.

Place the corner of the Module in the narrow area between your eyebrow and hairline and position it to follow the curvature of your eyebrow as shown in the diagram (see position **A**).

The Module should rest **FLUSH** against your skin. If it is not flush, angle the other corner of the Module upwards until you find the correct position (see position **B**).

**Proper placement of the Thync Module is crucial for achieving the best Vibe results and comfort.** When properly placed and adhered, running Vibes should result in a feeling of mild, but comfortable pressure to the forehead area as Vibes increase in intensity. If you experience a strong tingling or burning sensation, STOP or pause the Vibe. Remove the Module and adjust the position vertically or horizontally until it fits **FLUSH** against the skin.

# 2 / Stick

## Placement and Fit

### Energy

#### **Module Placement**

Position the Thync Module on your right temple/forehead area above your right eyebrow as shown.

**Press firmly for several seconds to STICK the Module on your forehead.** Please ENSURE that the Thync Strip and module fit FLUSH where applied. Poor points of contact can lead to discomfort during Vibes.

#### **Energy Strip Placement**

Position the backend of the Energy Strip on the bone directly behind your ear, centered on the lower part of this bone. Take care that the Strip does not cover a significant amount of hair.

**Press firmly for several seconds to STICK the backend of the Thync Energy Strip in the specified position to ensure a good connection.**

**Note:** Thync Module and Strips may not adhere properly if excessive oils, lotions, makeup or sunscreens are used, resulting in less effective results and possible discomfort.



## 2 / Stick

### Placement and Fit

#### Calm

##### Module Placement

Position the Thync Module on your right temple/forehead area above your right eyebrow as shown.

**Press firmly for several seconds to STICK the Module on your forehead.** Please ENSURE that the Thync Strip and module fit FLUSH where applied.

Poor points of contact can lead to discomfort during Vibes.

**Note:** Thync Module and Strips may not adhere properly if excessive oils, lotions, makeup or sunscreens are used, resulting in less effective results and possible discomfort.

##### Calm Strip Placement

Position the backend of the Calm Strip horizontally and centered on the back of your neck just below your hairline.

**Press firmly for several seconds to STICK the B end of the Thync Calm Strip in the specified position to ensure a good connection.**





## 3 / Shift Select your Vibe

Launch the Thync App on your iOS 8 device, and select the type of Vibe that corresponds to the Strip you have selected.

**Tap the arrow to START your Vibe.**

**Important:** You should NOT remove any part of the Strip during an active Vibe. If you desire to discontinue use, press the STOP or pause button and allow the Vibe program to stop before removing the Strip.

# 3 / Shift

## Tune your Vibe

### Adjust the intensity of your Vibe using the onscreen Tuner control.

For a strong effect, use the + and – buttons to tune the Vibe to your physiology. Most users start anywhere from 30 to 100% depending on their physiology and the level of skin sensations they find comfortable.

Skin sensations are normal and indicate the effectiveness of nerve modulation including feelings of tingling or vibration.

**Tune the Calm Vibe** to a level that is comfortable; the skin sensations should be noticeable but not overly distracting.

**Tune the Energy Vibe** at the highest level that is comfortable; the skin sensations should be **VERY** noticeable.

As the Vibe progresses and you get accustomed to the sensations, you will likely need to increase the Tuner so that it remains properly calibrated. Enjoy the SHIFT in your state of mind to Calm or Energy!



# Important Information

## Usage

The intended use of the Thync System is to deliver pulsed neurostimulation waveforms to modulate psychophysiological arousal for lifestyle or wellness applications.

The Thync System is not intended to treat or diagnose any disease or medical condition. For detailed usage instructions and warnings, please consult: [Thync.com](http://Thync.com)

## Disclaimer

Thync does not approve or endorse any changes or modifications to this system, which may alter its performance characteristics. Any such changes void warranty and authority for use.

## Adverse Reactions

If you experience adverse reactions, stop using the system and consult with your physician. Users with sensitive skin may experience skin irritation in the area where the Thync Strip is applied. You may experience a headache and other painful sensations during or following the application of electrical stimulation.

## Precautions

Use caution if Thync Strip is placed over areas of skin that lack normal sensation.

Clean and dry the area of skin to which the Thync Strip will be applied before applying it.

Use of accessories not approved by the manufacturer may cause harm or injury.

Do not disassemble the Module.

Thync Strips should only be applied to normal, intact, healthy skin over locations as directed.

Keep dry. Clean by wiping with dry cloth. Do not immerse.

Operation in close proximity to short wave or microwave therapy equipment may produce instability in the Module output.

Keep this system out of reach of children.





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